



Trigger Point The Grid X



The GRID X from Trigger Point is the perfect tool for myofascial self-massage. Prevention, regeneration and performance enhancement for home, office and travel. **The special feature of the GRID X is, compared to the previous GRID models, twice as hard surface, which allows the fascial tissue to be treated even more intensively.** In addition, the GRID X can withstand loads of up to 250 kg and is even easier to clean thanks to the new surface finish.

CHF 47.00

The **Grid X** is a completely new product, which is visually identical to the Grid, but differs significantly by the following features:

- **Harder surface (twice as hard), making the vibrant pattern of the foam roller even more actively felt** - for an intensive and highly effective massage
- **Higher load capacity: the hard (red) inner core allows for a load of up to 250 kg**
- **Three massage zones for individual treatment**

The GRID® X by TriggerPoint Performance is the ideal massage roller for those who prefer a more intensive fascia massage.

It is twice as hard as the standard GRID massage roller, making it ideal for treating more difficult and tight tensions.

Its more compact surface is very robust, liquid-repellent and easy to clean.

Of course, the GRID® X also has the revolutionary grid of depressions with different distances, which allows you to use a different massage zone depending on the area of the body to be treated and the desired intensity.

The three massage zones:

- Larger and smooth areas,
- Elongated grooves



- Small pointed areas.

This system significantly increases the massage effect compared to other models, as it allows you to quickly and smoothly change the intensity level of your massage.

Trigger Point Therapy focuses on specific muscle points on the body and works by relieving tension and connective tissue adhesions and stimulating blood circulation. These are caused by overuse or poor posture and the resulting lack of oxygen. Therapists treat the affected area with targeted, gentle pressure - a technique that is imitated with the help of Trigger Point products.

Trigger Point products also enable self-treatment, in which even hard-to-reach muscle groups can be precisely "triggered" using only the patient's own body weight and without the use of hands or assistants.

Back and joint complaints, which are often caused in everyday life by incorrect posture, are eliminated by the Trigger Point treatment.

Revolutionary is the idea to relax the muscle even five minutes BEFORE the load for the purpose of performance enhancement. A supposed contradiction? No, because the blood flow and supply of oxygen to the muscles has been proven to increase performance. And to relax after the workout, the Grid (see also "Facts and Figures") enables a regenerating massage.

The original and essential tool to massage the whole body. Any place, any time any where. When placed on the muscle to be massaged, the material softens after 5-7 seconds to make the massage as perfect as possible.

The Grid

The Grid is a foam roller consisting of a hard inner roller and a soft outer roller with a grid of indentations at different intervals. This structure mimics the physical characteristics of the human hand (finger - hand - finger) and guarantees optimal treatment results. This revolutionary design allows you to change the intensity level simply by repositioning the grid. The hard inner roller even allows core workouts in which the grid is completely loaded. Massage and core training in one product!

Dimensions: width 33 cm, diameter 14 cm, loadable up to 250kg
Available colors: black